

Ongera imboga ninshi kw'ifunguro rwawe

Impanuro 10 zigufasha gufungura imboga cane

Biroroshe gufungura imboga cane! Gufungura imboga n'ingirakamaro kubera ko zitanga vitamine na minerali kandi kenshi zigira calorie nkeyi. Kugira ushire imboga ninshi mundya zawe kurikiza iyi nama yoroshe. Biroroshe gusumba uko wiymvira.

1 Tahura inzira zihuta z'uguteka

Teka imboga zimezeneza canke zibuye muri firigo ya microwave vyihuse kandi indya yoroshe gushira kw'isahani iyariyo yose. Ibiharage bibisi mubushuhe, karoti, canke brokoli mw'isahani hamwe namazi makeyi muri microwave nk' Indya z'inyaruka yihuta yo kuruhande rw'indya.



2 Kumenza mbere umukino

Kata ifungo ya pwaro, karoti, canke brakoli. Zifunge mbere kugira uzikoreshe igehe giheze. Urashobora kuzigerageza kw'isaladi, hamwe na hoummos, canke mw'ibahaha yimboga.

3 Cagura imboga zibara ry'inshi

Tegura isahani yaye ijeko imboga zifise ibara ritukura, ry'icungwa, canke icatsi c'ijimye. Zifise vitamine zuzuwe na minerale. Gerageza amazi yimbuto, itomate, ibijumba biryoha, canke imboga nyarwatsi. Ntabwo ziryoha gusa mugabo ni nziza kuri wewe, kandi.

4 Raba ububiko bwa firigo

Imbogo zivuye mw'ifirigo zirihuta kandi ziroroha guteka kandi zifise intungamubiri nk'imboga mbisi. Gerageza kongera ibirungo vyo muri firigo, peans, ibiharage bibisi, spinach, canke isukari snappeas kw'isahani zimwe ukunda canke ufungure nkisahani y'indya yo kuruhande.

5 Bika imboga

Imboga zo mumakopo ninziza zo kongera kudya iyariyo yose, bandanya itomate zo mumakopo muntoke, ibiharage, ibiharage vya garbanzo, champingnons na betterave. Toranya nk' "izigabanya sodium," "zifise sodium nkeyi" canke "zitongereye umunyu"



6 Kora ubusitani bwawe isalade ikurane ibara

Murika salade yaweuko resheje ibara ry'imboga nk' ibiharage vyirabura, ipripiri hoho ikaze, ishu yakatswe, canke cresson. Salade yawe ntizosa neza gusa mugabo kandi izoryoha.



7 Rabura isupu y'imboga nkeyi

Shusha hama ufungure. Gerageza itomate, amazi ya butternut, canke ubusitani bw'isupu yimboga. Raba ukungene ugabanya canke isupu ifise sodium nkeyi.

8 Igihe uri hanse

Nimba ufungura munzu zuburiro, ntangorane. Iyo utumije indya saba bakuzanire imboga kuruhande canke salade kuruhande aho kuzana isahani isanzwe ikaranze kuruhande.

9 Akamoto k' imboga zeze

Suma imboga zeze kugira ugwise akamoto kumahera makeya. Raba amaduka maniniya akwegereye agurisha neza. Canke temberera isoko y'iwanyu y'abahinzi.



10 Gerageza ikintu gisha

Ntushobora kumenya ico ishobora gukunda. Tora imboga utarafungura—uzongere kuvvo uteka canke raba ukungene wobihindura kumurongo.